

What is claimed is:

1. A multi-section, one-piece garment for protecting against impact upon a human torso when worn by an athlete during sporting activities, the multi-section, one-piece garment comprising:

a vest/jersey sized and shaped to be worn on a torso of an athlete, the vest/jersey being donned and removed in an over-the-head, pullover manner, the vest/jersey having a multi-layered padding to protect the torso of the athlete, the multi-layered padding including a chest, an abdomen, a pair of lateral regions, a shoulder area and a back, the vest/jersey further comprising a shoulder portion, an anterior portion, a pair of lateral portions and a posterior portion, the multi-layered padding having three layers, wherein the first, or outer layer and the third, or inner layer of the multi-layered padding sandwich, or are joined at a seam to provide a shell for the second or middle layer, the second layer being formed from a padding material for protecting against impact to the torso, the shoulder portion having a pair of oversized apertures located at the lateral most regions for receiving the arms, each oversized aperture being sized and shaped to permit full movement of the arm.

2. The multi-section, one-piece garment of claim 1, wherein each shoulder portion comprises at least one fastening device or means therein for attaching or accommodating attachment of a shoulder pad type object.

3. The multi-section, one-piece garment of claim 1, wherein at least one protective pad can be attached via at least one fastening device to, or inserted into at least one pocket having at least one partition and located on, the interior and/or exterior surface of the

first, or outer layer of the multi-layer padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the second, or middle layer of the multi-layered padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the third, or inner layer of the multi-layered padding, or a layer or layers thereof, or in the seam where the first, or outer layer and the third, or inner layer of the multi-layered padding are joined to provide a shell for the second or middle layer, the anterior portion and sized and shaped to provide protection from impact to the anterior portion, or a section or sections thereof, the protective pad or pads being removable and insertable by the wearer, with access to the interior of the shell provided via either the slot or opening that allows for the removal or insertion of the second, or middle layer of the multi-layer padding from the vest/jersey, or a separate slot or opening located on the interior or exterior surface of the shell, or in the seam where the first and third layers of the multi-layer padding are joined to form the shell, which may or may not be secured in a closed position by a fastening device or devices.

4. The multi-section, one-piece garment of claim 1, wherein at least one protective pad can be attached via at least one fastening device to, or inserted into at least one pocket having at least one partition and located on, the interior and/or exterior surface of the first, or outer layer of the multi-layer padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the second, or middle layer of the multi-layered padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the third, or inner layer of the multi-layered padding, or a layer or layers thereof, or in the seam where the first, or outer layer and the third, or inner layer of the multi-layered

padding are joined to provide a shell for the second or middle layer, the posterior portion and sized and shaped to provide protection from impact to the posterior portion, or a section or sections thereof, the protective pad or pads being removable and insertable by the wearer, with access to the interior of the shell provided via either the slot or opening that allows for the removal or insertion of the second, or middle layer of the multi-layer padding from the vest/jersey, or a separate slot or opening located on the interior or exterior surface of the shell, or in the seam where the first and third layers of the multi-layer padding are joined to form the shell, which may or may not be secured in a closed position by a fastening device or devices.

5. The multi-section, one-piece garment of claim 1, wherein at least one protective pad can be attached via at least one fastening device to, or inserted into at least one pocket having at least one partition and located on, the interior and/or exterior surface of the first, or outer layer of the multi-layer padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the second, or middle layer of the multi-layered padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the third, or inner layer of the multi-layered padding, or a layer or layers thereof, or in the seam where the first, or outer layer and the third, or inner layer of the multi-layered padding are joined to provide a shell for the second or middle layer, at least one lateral portion and sized and shaped to provide protection from impact to the lateral portion, or a section or sections thereof, the protective pad or pads being removable and insertable by the wearer, with access to the interior of the shell provided via either the slot or opening that allows for the removal or insertion of the second, or middle layer of the multi-layer

padding from the vest/jersey, or a separate slot or opening located on the interior or exterior surface of the shell, or in the seam where the first and third layers of the multi-layer padding are joined to form the shell, which may or may not be secured in a closed position by a fastening device or devices.

6. The multi-section, one-piece garment of claim 1, wherein at least one protective pad can be attached via at least one fastening device to, or inserted into at least one pocket having at least one partition and located on, the interior and/or exterior surface of the first, or outer layer of the multi-layer padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the second, or middle layer of the multi-layered padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the third, or inner layer of the multi-layered padding, or a layer or layers thereof, or in the seam where the first, or outer layer and the third, or inner layer of the multi-layered padding are joined to provide a shell for the second or middle layer, at least one shoulder portion and sized and shaped to provide protection from impact to the shoulder portion, or a section or sections thereof, the protective pad or pads being removable and insertable by the wearer, with access to the interior of the shell provided via either the slot or opening that allows for the removal or insertion of the second, or middle layer of the multi-layer padding from the vest/jersey, or a separate slot or opening located on the interior or exterior surface of the shell, or in the seam where the first and third layers of the multi-layer padding are joined to form the shell, which may or may not be secured in a closed position by a fastening device or devices.

7. The multi-section, one-piece garment of claim 1, wherein sleeves are attached to the respective shoulder portions.

8. The multi-section, one-piece garment of claim 7, wherein the sleeves are removable, each sleeve being fastened to the respective shoulder portion by at least one fastening device.

9. The multi-section, one-piece garment of claim 7, wherein the lower portion of each sleeve is removable, the lower portion of each sleeve being fastened to the upper portion by at least one fastening device.

10. The multi-section, one-piece garment of claim 7, wherein the sleeves incorporate protective padding to provide protection to at least one portion of the arm socket/shoulder joint area.

11. The multi-section, one-piece garment of claim 10, wherein at least one portion of the protective padding in the arm socket/shoulder joint area is removable.

12. The multi-section, one-piece garment of claim 7, wherein the sleeves incorporate protective padding to provide protection to at least one portion of the upper arm area.

13. The multi-section, one-piece garment of claim 12, wherein at least one portion of the protective padding in the upper arm area is removable.

14. The multi-section, one-piece garment of claim 7, wherein the sleeves incorporate protective padding to provide protection to at least one portion of the middle arm or elbow area.

15. The multi-section, one-piece garment of claim 14, wherein at least one portion of the protective padding in the middle arm or elbow area is removable.

16. The multi-section, one-piece garment of claim 7, wherein the sleeves incorporate protective padding to provide protection to at least one portion of the lower arm area.

17. The multi-section, one-piece garment of claim 16, wherein at least one portion of the protective padding in the lower arm area is removable.

18. A multi-section, one-piece garment for protecting against impact upon a human torso when worn by an athlete during sporting activities, the multi-section, one-piece garment comprising:

a vest/jersey sized and shaped to be worn on a torso of an athlete, the vest/jersey being donned and removed in an over-the-head, pullover manner, the vest/jersey comprising an anterior portion, a posterior portion, a pair of lateral portions and a shoulder portion, the vest/jersey having a multi-layered padding in the anterior portion

and the shoulder portion and/or the lateral portions and/or the posterior portion of the vest/jersey to protect the torso of the athlete, the multi-layered padding having three layers, wherein the first, or outer layer and the third, or inner layer of the multi-layered padding sandwich, or are joined at a seam to provide a shell for, the second, or middle layer, the second layer being formed from a padding material for protecting against impact to the torso, the posterior portion and/or the lateral portions and/or the shoulder portion of the vest/jersey being comprised primarily, if not totally of material that provides for the cooling of the underlying torso.

19. The multi-section, one-piece garment of claim 18, wherein each shoulder portion comprises at least one fastening device or means therein for attaching or accommodating attachment of a shoulder pad type object.

20. The multi-section, one-piece garment of claim 18, wherein at least one protective pad can be attached via at least one fastening device to, or inserted into at least one pocket having at least one partition and located on, the interior and/or exterior surface of the first, or outer layer of the multi-layer padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the second, or middle layer of the multi-layered padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the third, or inner layer of the multi-layered padding, or a layer or layers thereof, or in the seam where the first, or outer layer and the third, or inner layer of the multi-layered padding are joined to provide a shell for the second or middle layer, the anterior portion and sized and shaped to provide protection from impact to the anterior portion, or a section or sections thereof, the protective pad or pads being removable and insertable by

the wearer, with access to the interior of the shell provided via either the slot or opening that allows for the removal or insertion of the second, or middle layer of the multi-layer padding from the vest/jersey, or a separate slot or opening located on the interior or exterior surface of the shell, or in the seam where the first and third layers of the multi-layer padding are joined to form the shell, which may or may not be secured in a closed position by a fastening device or devices.

21. The multi-section, one-piece garment of claim 18, wherein at least one protective pad can be attached via at least one fastening device to, or inserted into at least one pocket having at least one partition and located on, the interior and/or exterior surface of the first, or outer layer of the multi-layer padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the second, or middle layer of the multi-layered padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the third, or inner layer of the multi-layered padding, or a layer or layers thereof, or in the seam where the first, or outer layer and the third, or inner layer of the multi-layered padding are joined to provide a shell for the second or middle layer, the posterior portion and sized and shaped to provide protection from impact to the posterior portion, or a section or sections thereof, the protective pad or pads being removable and insertable by the wearer, with access to the interior of the shell provided via either the slot or opening that allows for the removal or insertion of the second, or middle layer of the multi-layer padding from the vest/jersey, or a separate slot or opening located on the interior or exterior surface of the shell, or in the seam where the first and third layers of the multi-



layer padding are joined to form the shell, which may or may not be secured in a closed position by a fastening device or devices.

22. The multi-section, one-piece garment of claim 18, wherein at least one protective pad can be attached via at least one fastening device to, or inserted into at least one pocket having at least one partition and located on, the interior and/or exterior surface of the first, or outer layer of the multi-layer padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the second, or middle layer of the multi-layered padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the third, or inner layer of the multi-layered padding, or a layer or layers thereof, or in the seam where the first, or outer layer and the third, or inner layer of the multi-layered padding are joined to provide a shell for the second or middle layer, at least one lateral portion and sized and shaped to provide protection from impact to the lateral portion, or a section or sections thereof, the protective pad or pads being removable and insertable by the wearer, with access to the interior of the shell provided via either the slot or opening that allows for the removal or insertion of the second, or middle layer of the multi-layer padding from the vest/jersey, or a separate slot or opening located on the interior or exterior surface of the shell, or in the seam where the first and third layers of the multi-layer padding are joined to form the shell, which may or may not be secured in a closed position by a fastening device or devices.

23. The multi-section, one-piece garment of claim 18, wherein at least one protective pad can be attached via at least one fastening device to, or inserted into at least one pocket

having at least one partition and located on, the interior and/or exterior surface of the first, or outer layer of the multi-layer padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the second, or middle layer of the multi-layered padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the third, or inner layer of the multi-layered padding, or a layer or layers thereof, or in the seam where the first, or outer layer and the third, or inner layer of the multi-layered padding are joined to provide a shell for the second or middle layer, at least one shoulder portion and sized and shaped to provide protection from impact to the shoulder portion, or a section or sections thereof, the protective pad or pads being removable and insertable by the wearer, with access to the interior of the shell provided via either the slot or opening that allows for the removal or insertion of the second, or middle layer of the multi-layer padding from the vest/jersey, or a separate slot or opening located on the interior or exterior surface of the shell, or in the seam where the first and third layers of the multi-layer padding are joined to form the shell, which may or may not be secured in a closed position by a fastening device or devices.

24. The multi-section, one-piece garment of claim 18, wherein sleeves are attached to the respective shoulder portions.

25. The multi-section, one-piece garment of claim 18, wherein the sleeves are removable, each sleeve being fastened to the respective shoulder portion by at least one fastening device.

26. The multi-section, one-piece garment of claim 18, wherein the lower portion of each sleeve is removable, the lower portion of each sleeve being fastened to the upper portion by at least one fastening device.

27. The multi-section, one-piece garment of claim 18, wherein the sleeves incorporate protective padding to provide protection to at least one portion of the arm socket/shoulder joint area.

28. The multi-section, one-piece garment of claim 27, wherein at least one portion of the protective padding in the arm socket/shoulder joint area is removable.

29. The multi-section, one-piece garment of claim 18, wherein the sleeves incorporate protective padding to provide protection to at least one portion of the upper arm area.

30. The multi-section, one-piece garment of claim 29, wherein at least one portion of the protective padding in the upper arm area is removable.

31. The multi-section, one-piece garment of claim 18, wherein the sleeves incorporate protective padding to provide protection to at least one portion of the middle arm or elbow area.

32. The multi-section, one-piece garment of claim 31, wherein at least one portion of the protective padding in the middle arm or elbow area is removable.

33. The multi-section, one-piece garment of claim 18, wherein the sleeves incorporate protective padding to provide protection to at least one portion of the lower arm area.

34. The multi-section, one-piece garment of claim 33, wherein at least one portion of the protective padding in the lower arm area is removable.

35. A multi-section, one-piece garment for protecting against impact upon a human torso when worn by an athlete during sporting activities, the multi-section, one-piece garment comprising:

a vest/jersey sized and shaped to be worn on a torso of an athlete, the vest/jersey comprising an anterior portion, a posterior portion, a pair of lateral portions and a shoulder portion, the vest/jersey having a multi-layered padding in the anterior portion and the shoulder portion and/or the lateral portions and/or the posterior portion of the vest/jersey to protect the torso of the athlete, the multi-layered padding having three layers, wherein the first, or outer layer and the third, or inner layer of the multi-layered padding sandwich, or are joined at a seam to provide a shell for, the second, or middle layer, the second layer being formed from a padding material for protecting against impact to the torso, the posterior portion and/or the lateral portions and/or the shoulder portions of the vest/jersey being comprised of material that provides for the cooling of the underlying torso, the vest/jersey having an offset opening or offset openings, the offset opening or offset openings being located off set from the medial line of a human torso to

protect the heart against impact, the vest/jersey having a fastening device or devices, the fastening device or devices being fastened to secure the vest/jersey about the torso.

36. The multi-section, one-piece garment of claim 35, wherein each shoulder portion comprises at least one fastening device or means therein for attaching or accommodating attachment of a shoulder pad type object.

37. The multi-section, one-piece garment of claim 35, wherein at least one protective pad can be attached via at least one fastening device to, or inserted into at least one pocket having at least one partition and located on, the interior and/or exterior surface of the first, or outer layer of the multi-layer padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the second, or middle layer of the multi-layered padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the third, or inner layer of the multi-layered padding, or a layer or layers thereof, or in the seam where the first, or outer layer and the third, or inner layer of the multi-layered padding are joined to provide a shell for the second or middle layer, the anterior portion and sized and shaped to provide protection from impact to the anterior portion, or a section or sections thereof, the protective pad or pads being removable and insertable by the wearer, with access to the interior of the shell provided via either the slot or opening that allows for the removal or insertion of the second, or middle layer of the multi-layer padding from the vest/jersey, or a separate slot or opening located on the interior or exterior surface of the shell, or in the seam where the first and third layers of the multi-layer padding are joined to form the shell, which may or may not be secured in a closed position by a fastening device or devices.

38. The multi-section, one-piece garment of claim 35, wherein at least one protective pad can be attached via at least one fastening device to, or inserted into at least one pocket having at least one partition and located on, the interior and/or exterior surface of the first, or outer layer of the multi-layer padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the second, or middle layer of the multi-layered padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the third, or inner layer of the multi-layered padding, or a layer or layers thereof, or in the seam where the first, or outer layer and the third, or inner layer of the multi-layered padding are joined to provide a shell for the second or middle layer, the posterior portion and sized and shaped to provide protection from impact to the posterior portion, or a section or sections thereof, the protective pad or pads being removable and insertable by the wearer, with access to the interior of the shell provided via either the slot or opening that allows for the removal or insertion of the second, or middle layer of the multi-layer padding from the vest/jersey, or a separate slot or opening located on the interior or exterior surface of the shell, or in the seam where the first and third layers of the multi-layer padding are joined to form the shell, which may or may not be secured in a closed position by a fastening device or devices.

39. The multi-section, one-piece garment of claim 35, wherein at least one protective pad can be attached via at least one fastening device to, or inserted into at least one pocket having at least one partition and located on, the interior and/or exterior surface of the first, or outer layer of the multi-layer padding, or a layer or layers thereof, and/or the

interior and/or exterior surface of the second, or middle layer of the multi-layered padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the third, or inner layer of the multi-layered padding, or a layer or layers thereof, or in the seam where the first, or outer layer and the third, or inner layer of the multi-layered padding are joined to provide a shell for the second or middle layer, at least one lateral portion and sized and shaped to provide protection from impact to the lateral portion, or a section or sections thereof, the protective pad or pads being removable and insertable by the wearer, with access to the interior of the shell provided via either the slot or opening that allows for the removal or insertion of the second, or middle layer of the multi-layer padding from the vest/jersey, or a separate slot or opening located on the interior or exterior surface of the shell, or in the seam where the first and third layers of the multi-layer padding are joined to form the shell, which may or may not be secured in a closed position by a fastening device or devices.

40. The multi-section, one-piece garment of claim 35, wherein at least one protective pad can be attached to, or inserted into at least one pocket having at least one partition and located on, the interior and/or exterior surface of the first, or outer layer of the multi-layer padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the second, or middle layer of the multi-layered padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the third, or inner layer of the multi-layered padding, or a layer or layers thereof, or in the seam where the first, or outer layer and the third, or inner layer of the multi-layered padding are joined to provide a shell for the second or middle layer, at least one shoulder portion and sized and shaped to provide

protection from impact to the shoulder portion, or a section or sections thereof, the protective pad or pads being removable and insertable by the wearer, with access to the interior of the shell provided via either the slot or opening that allows for the removal or insertion of the second, or middle layer of the multi-layer padding from the vest/jersey, or a separate slot or opening located on the interior or exterior surface of the shell, or in the seam where the first and third layers of the multi-layer padding are joined to form the shell, which may or may not be secured in a closed position by a fastening device or devices.

41. The multi-section, one-piece garment of claim 35, wherein sleeves are attached to the respective shoulder portions.

42. The multi-section, one-piece garment of claim 41, wherein the sleeves are removable, each sleeve being fastened to the respective shoulder portion by at least one fastening device.

43. The multi-section, one-piece garment of claim 41, wherein the lower portion of each sleeve is removable, the lower portion of each sleeve being fastened to the upper portion by at least one fastening device.

44. The multi-section, one-piece garment of claim 41, wherein the sleeves incorporate protective padding to provide protection to at least one portion of the arm socket/shoulder joint area.



45. The multi-section, one-piece garment of claim 44, wherein at least one portion of the protective padding in the arm socket/shoulder joint area is removable.

46. The multi-section, one-piece garment of claim 41, wherein the sleeves incorporate protective padding to provide protection to at least one portion of the upper arm area.

47. The multi-section, one-piece garment of claim 46, wherein at least one portion of the protective padding in the upper arm area is removable.

48. The multi-section, one-piece garment of claim 41, wherein the sleeves incorporate protective padding to provide protection to at least one portion of the middle arm or elbow area.

49. The multi-section, one-piece garment of claim 47, wherein at least one portion of the protective padding in the middle arm or elbow area is removable.

50. The multi-section, one-piece garment of claim 41, wherein the sleeves incorporate protective padding to provide protection to at least one portion of the lower arm area.

51. The multi-section, one-piece garment of claim 50, wherein at least one portion of the protective padding in the lower arm area is removable.

52. A multi-section, one-piece garment for protecting against impact upon a human torso when worn by an athlete during sporting activities, the multi-section, one-piece garment comprising:

a vest/jersey sized and shaped to be worn on a torso of an athlete, the vest/jersey having a multi-layered padding to protect the torso of the athlete including a chest, an abdomen, a pair of lateral regions, a shoulder area and a back, the vest/jersey further comprising a shoulder portion, an anterior portion, a pair of lateral portions, a posterior portion and an offset opening or offset openings, the multi-layered padding having three layers, wherein the first, or outer layer and the third, or inner layer of the multi-layered padding sandwich, or are joined at a seam to provide a shell for, the second, or middle layer, the second layer being formed from a padding material for protecting against impact to the torso, the shoulder portion having a pair of oversized apertures located at the lateral most regions for receiving the arms, each oversized aperture being sized and shaped to permit full movement of the arm, the offset opening or offset openings being offset from the medial line of a human torso to protect the heart against impact;

the vest/jersey having a fastening device or devices, the fastening device or devices being fastened to secure the vest/jersey about the torso.

53. The multi-section, one-piece garment of claim 52, wherein each shoulder portion comprises at least one fastening device or means therein for attaching or accommodating attachment of a shoulder pad type object.

54. The multi-section, one-piece garment of claim 52, wherein at least one protective pad can be attached via at least one fastening device to, or inserted into at least one pocket

having at least one partition and located on, the interior and/or exterior surface of the first, or outer layer of the multi-layer padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the second, or middle layer of the multi-layered padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the third, or inner layer of the multi-layered padding, or a layer or layers thereof, or in the seam where the first, or outer layer and the third, or inner layer of the multi-layered padding are joined to provide a shell for the second or middle layer, the anterior portion and sized and shaped to provide protection from impact to the anterior portion, or a section or sections thereof, the protective pad or pads being removable and insertable by the wearer, with access to the interior of the shell provided via either the slot or opening that allows for the removal or insertion of the second, or middle layer of the multi-layer padding from the vest/jersey, or a separate slot or opening located on the interior or exterior surface of the shell, or in the seam where the first and third layers of the multi-layer padding are joined to form the shell, which may or may not be secured in a closed position by a fastening device or devices.

55. The multi-section, one-piece garment of claim 52, wherein at least one protective pad can be attached via at least one fastening device to, or inserted into at least one pocket having at least one partition and located on, the interior and/or exterior surface of the first, or outer layer of the multi-layer padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the second, or middle layer of the multi-layered padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the third, or inner layer of the multi-layered padding, or a layer or layers thereof, or in the

seam where the first, or outer layer and the third, or inner layer of the multi-layered padding are joined to provide a shell for the second or middle layer, the posterior portion and sized and shaped to provide protection from impact to the posterior portion, or a section or sections thereof, the protective pad or pads being removable and insertable by the wearer, with access to the interior of the shell provided via either the slot or opening that allows for the removal or insertion of the second, or middle layer of the multi-layer padding from the vest/jersey, or a separate slot or opening located on the interior or exterior surface of the shell, or in the seam where the first and third layers of the multi-layer padding are joined to form the shell, which may or may not be secured in a closed position by a fastening device or devices.

56. The multi-section, one-piece garment of claim 52, wherein at least one protective pad can be attached via at least one fastening device to, or inserted into at least one pocket having at least one partition and located on, the interior and/or exterior surface of the first, or outer layer of the multi-layer padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the second, or middle layer of the multi-layered padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the third, or inner layer of the multi-layered padding, or a layer or layers thereof, or in the seam where the first, or outer layer and the third, or inner layer of the multi-layered padding are joined to provide a shell for the second or middle layer, at least one lateral portion and sized and shaped to provide protection from impact to the lateral portion, or a section or sections thereof, the protective pad or pads being removable and insertable by the wearer, with access to the interior of the shell provided via either the slot or opening

that allows for the removal or insertion of the second, or middle layer of the multi-layer padding from the vest/jersey, or a separate slot or opening located on the interior or exterior surface of the shell, or in the seam where the first and third layers of the multi-layer padding are joined to form the shell, which may or may not be secured in a closed position by a fastening device or devices.

57. The multi-section, one-piece garment of claim 52, wherein at least one protective pad can be attached via at least one fastening device to, or inserted into at least one pocket having at least one partition and located on, the interior and/or exterior surface of the first, or outer layer of the multi-layer padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the second, or middle layer of the multi-layered padding, or a layer or layers thereof, and/or the interior and/or exterior surface of the third, or inner layer of the multi-layered padding, or a layer or layers thereof, or in the seam where the first, or outer layer and the third, or inner layer of the multi-layered padding are joined to provide a shell for the second or middle layer, at least one shoulder portion and sized and shaped to provide protection from impact to the shoulder portion, or a section or sections thereof, the protective pad or pads being removable and insertable by the wearer, with access to the interior of the shell provided via either the slot or opening that allows for the removal or insertion of the second, or middle layer of the multi-layer padding from the vest/jersey, or a separate slot or opening located on the interior or exterior surface of the shell, or in the seam where the first and third layers of the multi-layer padding are joined to form the shell, which may or may not be secured in a closed position by a fastening device or devices.

58. The multi-section, one-piece garment of claim 52, wherein sleeves are attached to the respective shoulder portions.

59. The multi-section, one-piece garment of claim 58, wherein the sleeves are removable, each sleeve being fastened to the respective shoulder portion by at least one fastening device.

60. The multi-section, one-piece garment of claim 58, wherein the lower portion of each sleeve is removable, the lower portion of each sleeve being fastened to the upper portion by at least one fastening device.

61. The multi-section, one-piece garment of claim 58, wherein the sleeves incorporate protective padding to provide protection to at least one portion of the arm socket/shoulder joint area.

62. The multi-section, one-piece garment of claim 61, wherein at least one portion of the protective padding in the arm socket/shoulder joint area is removable.

63. The multi-section, one-piece garment of claim 58, wherein the sleeves incorporate protective padding to provide protection to at least one portion of the upper arm area.

64. The multi-section, one-piece garment of claim 62, wherein at least one portion of the protective padding in the upper arm area is removable.

65. The multi-section, one-piece garment of claim 58, wherein the sleeves incorporate protective padding to provide protection to at least one portion of the middle arm or elbow area.

66. The multi-section, one-piece garment of claim 65, wherein at least one portion of the protective padding in the middle arm or elbow area is removable.

67. The multi-section, one-piece garment of claim 58, wherein the sleeves incorporate protective padding to provide protection to at least one portion of the lower arm area.

68. The multi-section, one-piece garment of claim 67, wherein at least one portion of the protective padding in the lower arm area is removable.